

RUN KENYA CAMP TRAVEL INFO



FLIGHTS

You are responsible for getting your running legs, running heart, and running shoes from your home to Eldoret Airport. Fly into Nairobi, Kenya (Jomo Kenyatta International Airport) and then take a small airplane to Eldoret (there are only two airlines that fly into Eldoret – Jambojet and Fly540). Someone from the High Altitude Training Center will pick you up from the airport and drive you to Iten (and drive you back to Eldoret Airport at the conclusion of the camp). After you have booked your flights, please email your flight itinerary to Jason Karp at jason@run-fit.com so we can keep track of you and arrange pick-up from Eldoret Airport.

VISA

You will need a visa to enter Kenya. It's best if you do this online in advance of your travel. <http://evisa.go.ke/evisa.html>. Use the following details for your VISA application:
Accommodation: High Altitude Training Centre, P.O. Box 6943, Eldoret, Kenya
Contact Details: Jason Karp 1-619-787-4084

VACCINATIONS

You may want to get vaccinations before entering Africa. The most common vaccinations are hepatitis A, yellow fever, rabies, typhoid, Tdap (tetanus, diphtheria, pertussis), and cooties (kidding about that last one!). It is also recommended that you bring malaria and antibiotic drugs with you. (The likelihood of getting malaria is very small since the altitude of Iten is too high for mosquitos carrying malaria.)

CURRENCY

The currency in Kenya is the Kenyan shilling. You can exchange currency before you leave your home country, or you can exchange currency at Nairobi or Eldoret Airports. You will not need a lot of money with you in Iten because (1) everything is already covered by your camp fee, (2) anything that you could spend money on is very inexpensive, and (3) there is not much to spend money on in Iten. There are no tourist gift shops, no movie theaters, no bowling alleys, and no fancy restaurants. (There is a small café/restaurant right off the entrance to the High Altitude Training Center and a nice, scenic restaurant at the Kerio View Hotel, about a half-mile walk away, if you choose to dine out.)